

**What our interns have to say about their experience at
City of Fremont
Youth and Family Services**

Listed below are comments made by interns in response to different questions we ask them to respond to as they complete their internship with us. The years listed in parentheses tell you which internship year the responses came from. For more information about the program, call **Lisa Gioia, MFT (510) 574-2111**.

Feedback regarding your individual supervision: (2004-2005)

- My individual supervisor was great – supportive, flexible, and supportive. I learned a lot and felt comfortable working with her
- Well structured and efficient. The supervisor asked great questions that helped me explore the situation and my thoughts further
- Excellent feedback. Always helpful to hear constructive feedback and ways to work with my clients
- My supervisor was wonderful, compassionate, and challenging without being aggressive. I felt met where I was at and encouraged to take chances and trust myself
- I appreciated the constructive feedback and brainstorming opportunities. I also appreciated those times when we could process any counter-transference that I was experiencing
- Helpful and detailed discussions about difficult issues; provided me with an outlet for frustrations and confusions
- Wonderful, insightful, helpful
- Very professional and supportive. My supervisor supported me through this internship by patiently listening to my concerns, teaching me skills, and encouraging me to challenge myself to reach to the next level.
- My supervisor is very supportive and meets the level of direction I'm looking for
- My supervisor was fantastic, a great listener and guides just enough
- Individual supervision was very helpful. I was encouraged to tape my sessions and my supervisor reviewed the videotapes with me and provided useful and constructive feedback. My supervisor was very supportive and understanding throughout my internship
- My supervision could not have been better. My supervisor was caring, thoughtful, insightful and challenging.
- My supervisor gives very good clinical feedback in counseling techniques.
- Supportive and always respectful of my individual style. Good "alternative ideas" when I was feeling stuck. Always encouraged me to take risks
- Supportive and encouraging
- My individual supervision provided tremendous support, a variety of learning tools, and beneficial information to help with the interning process

Feedback regarding what you found most valuable about the internship? (2003-2004)

- Have a great opportunity to deal with issues relating to children and families

- Excellent supervision – both group and individual. Very helpful to have two supervisors
- Placement and support – I can pretty much go to anyone if I need help
- The trainings to increase skill set; openness and willingness of staff to help in a non-condescending way; wealth of experience of the staff counselors; positive atmosphere of the group supervision
- Staff support and the opportunity to interact with interns from different academic areas
- The trainings
- Feedback from individual supervisor; helping me deal with difficult clients and giving me ideas and opening up my conceptualizations. Looking back, I see a lot of growth
- Individual supervision – so I could talk about my individual cases and get feedback and tips
- Being able to video tape sessions at the clinic
- The internship offers great training opportunities
- The group and individual supervision were outstanding. Not only did I receive helpful feedback and instruction, but an incredible amount of support
- The diversity in ethnicity of staff and the way people work together; the support and respect people have for each other
- Being able to do family therapy. Unlike seeing individuals, family therapy reveals impact on all family members right in front of me.
- Working with kids at the school and the school having such supportive staff
- The support of all the YFS staff, the friendships and camaraderie. It was a great atmosphere in which to try new things and feel supported along the way
- Individual supervision

Feedback regarding did the experience meet your expectations? (2002-2003):

- The internship at YFS has met all of my expectations. The YFS staff has exceeded my expectations of support. I would recommend YFS to any graduate student in the area of counseling
- It was a great experience to challenge myself at the elementary level. I appreciate the push in this direction
- This was great. I could not have asked for a better first experience. The staff was so supportive and always available
- The training program and supervision provided me with the confidence and skills to counsel a range of client issues. I was pleased with the experience but was disappointed at the slow start in getting clinic cases
- Very much so. The only part I wasn't prepared for was the paperwork
- Even though YFS is a long commute for me, I had heard such positive reports from previous interns that I decided it would be worth it... and it definitely has been!
- This was an amazing internship. Great supervision and great placement. I feel like I have learned so much from this experience
- It is a good starting point for my internship experience; a very supportive and educational learning environment

Feedback regarding your individual supervision: (2001-2002)

- My individual supervisor was excellent; she provided guidance and excellent supervision and she is very knowledgeable and experienced working with children and troubled adolescents. She also gave me the freedom to utilize different theories with different clients, which proved most helpful.
- Excellent. I liked working with her very much. She appeared to be more interested in the treatment of clients and healthy interns instead of #'s and stats like most government agencies.
- Great support and ideas
- Overall, I was happy with my individual supervision. He was very helpful and I always appreciated how gently he was with his feedback.
- My supervisor made it comfortable to share uncertainty and was always supportive and helpful in addressing my concerns.
- My supervisor was very supportive and encouraging. Always open to listening to my intervention approaches. Received several compliments and encouraging words regarding my counseling style. Very informative – her expertise and suggestions were always helpful.
- My supervisor was a lot of fun and loads of support. She helped me become a little less critical of myself and let me enjoy what I was doing more. Also, she pushed me to test my skills and gave me opportunities to, and suggests to practice them, like running a training for other interns.
- Marvelous – got better every week.
- My supervisor is very friendly and he provides a very good role model. He is a good listener and is strong in encouraging new therapists.
- My supervisor has been nothing but fantastic. I gained great experiences with her support and guidance. She was very supportive, flexible, encouraging and knowledgeable. She has helped me to nurture my confidence as a therapist as well as to develop self-checking skills.
- My supervisor's terrific. I asked for him because of his knowledge of Narrative, but he was helpful beyond that area. I felt I could acknowledge my weaknesses and flubs and got support and encouragement in return. I also liked his interest in and experience with societal/cultural/gender issues.

Feedback regarding "what did you find most valuable about this internship?" (00/01)

- The opportunity to work with such a diverse clientele (age, culture, issues, treatment units, etc.). I learned an immense amount on multiple levels
- This internship helped foster in me a greater sense of confidence in my ability to be a good therapist. I was allowed to grow and be challenged in a very secure and supportive environment. To me, that was invaluable.
- The availability of individual supervision as well as consultation with other therapists when I was dealing with crises situations
- The people! I did not feel judged. Very supportive and willing to help.
- All aspects of the internship were valuable. The trainings were very helpful.
- The opportunity to do something new; going to the continuation high school and providing counseling to students really gave me anew experience and the opportunity to experience something I wanted to learn more about.

- One of the most valuable things about this internship was having a great field placement - with a well organized placement, great instruction, and friendly staff members, etc. I treasured them all.
- I loved working with everybody and receiving, as well as giving, helpful information regarding anything.
- Group supervision
- The support I have found in others - the willingness to help and provide information and encouragement

Feedback regarding your individual supervision: (99/00)

- Excellent!! Very well planned, organized, thoughtful and informed
- What I liked most was that my supervisor in her ability to work with me as an intern is that she took my family history into consideration, my emotional state as ways to identify my “blind spots” and “traps”. Also, understanding my counter-transference and taking an interest as to “why” I’m having it has helped me greatly in developing as a therapist. I have felt challenged, educated and understood by her
- Great!
- My individual supervisor was very supportive of my work. She allowed me room to grow but gave me guidance when I needed that. She was always helpful and quick to respond to questions. She had great analytical skills and insights to problems and cases. Moreover, she was very warm, patient and empathic.
- Terrific. Creative, intuitive, practical suggestions and feedback that met my needs as well as helping me meet client needs. My therapist commented I’d received some of the mothering I’d missed because I was seen and held so well!
- Excellent.
- My supervisor was helpful. She gave very candid advice, constructive criticism and displayed genuine concern for me.
- My individual supervision was excellent. My supervisor provided me with nurturing support and insightful comments that I could use to improve the therapy I provided to my clients. I always felt empowered by my individual supervisor. She offered balanced input: she suggested ways ii could improve my therapeutic style and also pointed out the strong points of my therapeutic style.
- My supervisor was very knowledgeable and always available – a wonderful supervisor
- Great. I appreciated my supervisor’s approach and attentiveness, very educated on the subject and a very caring and warm person

Did this internship meet your expectations? (98/99)

- Excellent experience and supervision
- The experience has been good and my hours were met for my college course requirement each semester
- It surpassed my expectations. I felt respected and valued at YFS. I appreciated both individual and group supervision.
- It surpassed my expectations!
- This internship went beyond my expectations. All paperwork and procedures were highly organized so that everything ran smoothly

- The program exceeded my expectations
- Helped me in so many ways, built my confidence as a counselor, gave me a chance to practice, practice, practice
- Extraordinary opportunity to learn skills to work with children, families and couples
- This is a very enthusiastic “YES!!!” YFS provides a very supportive environment in which to practice. The population served by YFS is the population that I had envisioned working with when I decided I wanted to be a counselor. I wanted to do public agency work, and YFS has provided me with an opportunity to gain valuable experience and training in such a setting.
- This internship has helped me apply what I’d learned from theory to life situations. Overall, this experience is valuable to me. It definitely met my expectations
- I don’t believe I could have had a better first internship experience. It was well-organized and challenging. At the same time, I believe it was considerate of my skill level, appreciative of my unique set of skills while challenging me to grow in my therapeutic skills

What did you find most valuable about this internship? (98/99)

- Internship program extremely organized (trainings, other intern and job opportunities made available), good communication
- The internship program is very structured and the supervision is excellent. Availability of contact for your supervisor to talk to at any time was impressive. Very supportive supervision and the overall experience of clients at the school site and agency was fabulous. I didn’t need to worry about getting my hours met like many other students at my college who were placed at other internships.
- The quality of supervision and the caring environment provided by both clinical and administrative staff
- Freedom to initiate and tailor counseling program at school site based on (1) need, referrals from teachers, admin, and parents, and (2) my personal interest. I enjoyed the possibilities and options. Also, individual supervision was outstanding.
- The high quality of supervision and a very supportive staff were the most valuable elements of this internship
- The support of my supervisor Re-learning how to look at things from a teenager’s perspective.
- Encouraging supervision that emphasized the initiative. Opportunity to work with a large, diverse number of children, opportunity to use expressive arts and sandtray with clients, respect for my unique way of working with children.
- Learning/practicing adolescent counseling skills
- The most valuable experiences at YFS were the co-therapy sessions I participated in with staff therapists. Supervision and training were also excellent. The professional staff members have a wide range of experience and provide a variety of perspectives on working with clients. All licensed staff members were available and willing to take time to consult about any clinical issues. The in-service training was very helpful and applicable to issues encountered in clinical practice.
- To be able to work with children and their families.

- I had the opportunity to experience a culturally diverse clientele population that I may not have gotten elsewhere. Also, there were no shortages of clients as had been a problem elsewhere.
- Two things: great supervision and the internship community. The internship community provided a great forum for talking honestly about my experiences as a new intern counselor.

Did this internship meet your expectations? (97/98)

- This experience provided extensive experience with adolescents and their families. It was very well supervised and a lot of training and guidance was always available. As my first clinical setting, I felt very protected, yet able to get experience
- It exceeded my expectations in many ways. I was challenged daily – from day one. And although I often wanted to pass out from exhaustion I didn't and am truly grateful I took such a challenging placement.
- This internship exceeded my expectations. The supervision has been excellent. All the trainings have been full of valuable information. The staff has been most supportive and helpful. I have really appreciated the wonderful way everything is so organized.
- This internship exceeded my expectations. I expected professional support and got that and personal support as well. I expected to work with other interns and staff and got friendship. This has been a wonderful experience – workout – but wonderful!
- I appreciated the wide range of cases. The great supervision. The exposure to thoughtful, supportive therapists, all with different styles
- Yes! I didn't know what to expect, but I learned so much. In a safe and supportive environment
- I was able to accumulate more than the required number of hours for my practicum, developed clinical skills in expected and unexpected areas (most notably crisis intervention), received excellent supervision – thoughtful and intelligent
- I had a diverse clientele and opportunities to experience individual, group, family and play therapy
- As a whole the internship program is well orchestrated. There is a real presence of staff supporting the interns in every aspect of the internship. I found very positive learning at the school site from staff and students. It was a rich, wonderful experience.
- The entire staff was a blessing to work with. I thank all the staff for making the experience positive and very memorable. I will miss it
- YFS provides a supportive, safe, and warm environment in which to practice. The clients served are just the kinds of clients that I had envisioned working with when I decided to be a counselor. I wanted to do public agency work, and YFS has provided me with an opportunity to work and learn in such a setting.
- This is my second year internship with YFS. It has been quite challenging and exciting throughout. Thank you again for a wonderful year.